

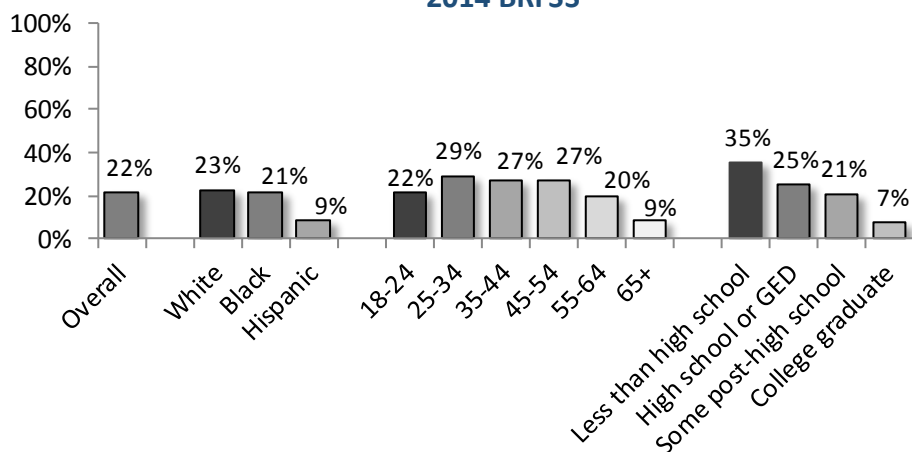
Smoking and Indiana Women

Tobacco use is the single most preventable cause of death and disease in the United States, and smoking is responsible for 11,100 deaths in Indiana annually.¹ Women are now as likely as men to die from many diseases caused by smoking. Eighty percent of all lung cancer deaths in women are attributable to smoking, and women who smoke now have about the same high risk of death from lung cancer as men.² Additionally, over 15% of all cardiovascular and metabolic disease deaths among women age 35 and older are due to smoking.³

Smoking Rates among Indiana Women, 2014

- Over 1 in 5 (21.5%) women in Indiana were current smokers in 2014,⁴ compared with 17.2% of women nationally (2013).⁵
- Smoking rates were highest among Indiana women ages 25-34 (29.0%).
- Smoking rates were similar among non-Hispanic white women (22.5%) and non-Hispanic African American women (21.4%), but lower among Hispanic women (8.6%).
- Smoking rates among women decline as education levels increase. In Indiana, over 1 in 3 (35.4%) women with less than a high school education were current smokers in 2014 compared with fewer than 1 in 13 (7.3%) women who were college graduates.

Smoking Rates among Indiana women,
2014 BRFSS



Smoking during Pregnancy

Cigarette smoking among women of childbearing age increases the risk of infertility, and smoking among pregnant women increases the risk of ectopic pregnancy, preterm delivery, stillbirth, low birth weight babies, and sudden infant death syndrome (SIDS).⁶

- In 2014, the percentage of Indiana mothers who reported smoking during pregnancy (15.1%) was considerably higher than the national average (8.4%*^{7,8}).
- Even more alarming are rates in Indiana counties that exceed state and national averages. Forty-two counties have a smoking during pregnancy rate significantly higher than the state average, and all but four counties have rates higher than the national average.

Quick Facts:

Over **1 in 5** Indiana women smoke cigarettes.

Over **11%** of high school girls and just under **3%** of middle school girls smoked cigarettes in 2014.

15.1% of pregnant women in Indiana smoked during pregnancy in 2014.

Indiana's smoking during pregnancy rate was nearly **80% higher** than the national smoking during pregnancy rate (8.4%).

3 out of 5 Indiana women who smoke tried to quit at least once in the past year.

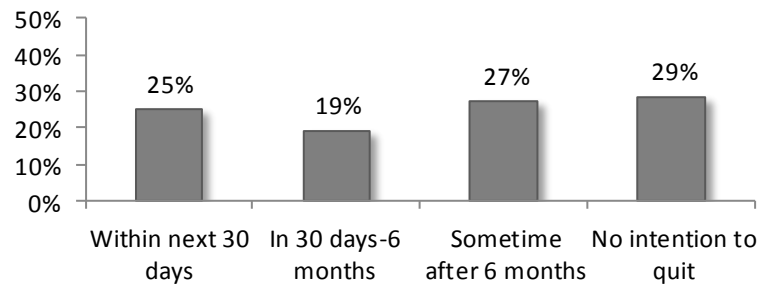


Smoking and Indiana Women

Smoking Cessation among Indiana Women

- In 2014, 61.7% of women who were current smokers reported trying to quit at least once in the past year.⁴
- Intentions to quit smoking among women in Indiana are similar to those for all smokers in the state.
- One in four (25.0%) Indiana women who smoke report intending to quit within the next 30 days, and about 7 in 10 (71.5%) report ever intending to quit.⁹

Quit Intentions among Indiana Women who Smoke, 2015 Indiana Adult Tobacco Survey



Benefits of Cessation¹⁰

Quitting smoking has numerous health benefits for women including:

- Reduced risk of chronic diseases such as heart disease, cancer, chronic lung disease, and stroke
- Reduced risk of infertility among women of childbearing age
- Increased energy levels and easier breathing
- Among pregnant women, reduced risk of low birth weight and premature birth.

Resources for Quitting

The Indiana Tobacco Quitline (1-800-QUIT-NOW) offers free, evidence-based cessation treatment to help tobacco users quit and stay quit. Pregnant tobacco users who call the Quitline receive even greater intensity of behavioral support – 10 calls instead of 4. The treatment plan is tailored to meet their needs, and for those who quit, the Quitline offers additional postpartum contact to prevent relapse. Visit www.quitnowindiana.com for more resources and information about quitting tobacco.

¹ Centers for Disease Control and Prevention. *Best Practices for Comprehensive Tobacco Control Programs – 2014*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

² American Lung Association. Lung Cancer Fact Sheet. <http://www.lung.org/lung-disease/lung-cancer/resources/facts-figures/lung-cancer-fact-sheet.html>. Accessed July 28, 2015.

³ U.S. Department of Health and Human Services. *The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014.

⁴ 2014 Indiana Behavioral Risk Factor Surveillance System.

⁵ Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed 06 Aug, 2015]/ <http://wwwdev.cdc.gov/brfssprevalence/>.

⁶ U.S. Department of Health and Human Services. *Women and Smoking: A Report of the Surgeon General*. Rockville, MD, U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001.

⁷ Indiana State Department of Health. 2014 Indiana Natality Report.

⁸ Centers for Disease Control and Prevention. [User Guide to the 2014 Natality Public Use File](#). Accessed 2/4/2016.

⁹ 2015 Indiana Adult Tobacco Survey.

¹⁰ Centers for Disease Control and Prevention. [Tobacco Use and Pregnancy](#). Accessed 2/5/2016.

* The national smoking during pregnancy rate is calculated from 46 states and the District of Columbia that reported smoking during pregnancy data in 2014.